

Facts About

VAGINAL RING - NuvaRing



What is a NuvaRing?

The NuvaRing is a monthly birth control method that is placed inside the vagina to prevent pregnancy.

How does the NuvaRing work?

Like birth control pills, the NuvaRing works by releasing female hormones in your body. These hormones prevent pregnancy in the following ways:

They may:

- Keep the body from releasing an egg that could be fertilized by a man's sperm
- Cause changes to the cervical mucus making it more difficult for sperm to enter the uterus
- Keep a fertilized egg from attaching to the uterus

How well does it work?

When NuvaRing is used correctly, it is very effective at preventing pregnancy. Like birth control pills, NuvaRing is approximately 97-99% effective.

Why is NuvaRing a good choice for me?

The NuvaRing is easy to use. You only have to think about birth control once a month.

Is there anyone who should not use the NuvaRing?

Most women can use the NuvaRing without having any problems. You should not use the NuvaRing if:

1. You are pregnant or think you might be.
2. You have a pain in your chest or your eyeballs look yellow.
3. You have bleeding from your vagina and don't know why.
4. You have ever had a heart attack, stroke or blood clots.
5. You have ever had liver tumors or cancer.

How do I know if I have a problem from using the NuvaRing?

If you have any of these warning signs, call your doctor, nurse or clinic right away:

- Bad pain in your arms or legs or you lose feeling.
- Headaches, dizziness or fainting.
- Eye problems (if you see flashing lights, have fuzzy vision or suddenly can't see).
- Pain in your stomach or belly, or if you get very sick to your stomach all of a sudden.

Cigarette smoking increases your risk of serious side effects, especially if you are more than 35 years old. Women who use birth control methods with hormones should not smoke.

What are the side effects of the NuvaRing?

The most common side effects of the NuvaRing are similar to the birth control pill and include: breast tenderness, nausea, headache, irregular vaginal bleeding and mood changes. NuvaRing can also cause vaginal infections and irritation and vaginal discharge. If these symptoms continue, contact your health-care provider.

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How do I start the NuvaRing?

There are several methods to starting NuvaRing. It depends on whether you are already using another type of birth control when you start NuvaRing. The method that is best for you will depend on your circumstances. Talk with your healthcare provider.

How do you use the NuvaRing?

Insert one NuvaRing into the vagina and keep it there for three weeks in a row. Remove it for a one week break and then insert a new ring. During the break you should get your period.

Example Cycle:

- Week One - Insert new NuvaRing.
- Week Two - Leave NuvaRing in place.
- Week Three - Leave NuvaRing in place.
- Week Four - Remove NuvaRing - your period should start this week.

NuvaRings should be stored in the refrigerator in order for them to last as long as the expiration date on the package. If they are kept at room temperature instead, they are only guaranteed effective for up to 4 months. Make sure to use them correctly.

How do I insert and remove NuvaRing?

1. Each NuvaRing comes in a reclosable foil pouch. After washing and drying your hands, remove the NuvaRing from the pouch. Choose a position for insertion that is most comfortable for you. Some possibilities are lying down, squatting, or standing with one leg up (on the toilet or a chair).
2. Hold the NuvaRing between your thumb and index finger and press the opposite sides of the ring together.
3. Gently push the folded ring into the vagina. Use your finger to gently push NuvaRing up in the vagina. There is no danger of pushing the ring too far.

4. After three weeks, remove the NuvaRing by hooking the index finger under the forward rim and pulling it out.

Your period should start 2-3 days after removing the NuvaRing. Your period may not be finished when it is time to insert a new NuvaRing.

What happens if the NuvaRing slips out?

If the NuvaRing slips out and it has been out less than three hours, you should still be protected from pregnancy. Simply rinse the NuvaRing off in lukewarm water and reinsert it as soon as possible, or replace with a new NuvaRing. If NuvaRing has been out of the vagina for longer than three hours, you may not be protected from pregnancy and you would need to use a backup method of birth control for seven days following reinsertion. If NuvaRing continues to slip out then please notify your healthcare provider.

Can I breastfeed my baby while using the NuvaRing?

No. Nursing mothers should not use the NuvaRing until they have completely weaned their child.

Where can I get the NuvaRing?

You can get a prescription for the NuvaRing at the health department, a family planning clinic or a doctor's office.

DOCTOR/CLINIC PHONE NUMBER:

REMEMBER:

NuvaRing will not keep you from getting

AIDS or any other disease

you can get when you have sex.

To protect yourself, use a latex condom each time you have sex.

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